

Prevalence of Breast Cancer Risk Factors Among Female Nurses in Tabuk, Saudi Arabia

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ABSTRACT

Introduction: Breast cancer is the most common malignancy of women worldwide. It is the leading cause of female cancer related disability and mortality.

Methodology: A cross sectional Hospital-based descriptive design was conducted among 200 female nurses to assess Prevalence of Breast cancer risk factors among female nurses in Tabuk, Saudi Arabia.

Results: The study sample consists of 200 female nurses. Majority of participant aged between 20-28 Years, 18% have positive family history, 36.5% of them reporting age at menarche Less than or Equal to 12 Years and 35.5% use contraceptive.

Conclusion: Steps such as education about breast cancer risk factor and screening methods are required to improve the health states of the community.

Keywords: Mammograms, Breast Cancer, Tabuk, Saudi Arabia.


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INTRODUCTION

Breast cancer is the most common malignancy of women worldwide. It is the leading cause of female cancer related disability and mortality.¹ The global incidence of breast cancer is increasing. According to the World Health Organization (WHO) each year over 1.4 million women worldwide are diagnosed with breast cancer as it accounts for 23% of all newly diagnosed cancer.² In Saudi Arabia, the percentage of death from breast cancer is 19.8% in age of 45 years according to Mohammed D.³ Breast cancer usually develops after the age of 45 years.⁴⁻⁶ Risk factors for breast cancer are well documented for European and American populations, with age over 65 years being the prominent factor after being an adult female.⁷⁻⁹ Breast cancer is influenced by multiple risk factors, which can be classified into 4 groups: first, family history/genetic background, which accounts for approximately 15% of all breast cancer cases.¹⁰ The second and the most well-known risk factor for breast cancer, can be linked to the hazardous effects of hormonal exposures such as early age at menarche, late age at menopause, Eshre¹¹ reported that fewer number of children and null parity, late age at first birth. Other factors include lack of exercise, poor diet, alcohol consumption, pollution, and use of contraceptives.¹² Breast cancer awareness includes knowledge of breast cancer risk factors, signs and

symptom and screening methods. The three screening methods recommended for early detection of breast cancer include breast-self-examination (BSE), clinical breast examination (CBE) and mammography.¹³ It is important to adequately motivate women to regularly carry out BSE so as to curtail the increasing mortality rate from breast cancer.^{14,15} This study provides an overview of breast cancer risk factors awareness among female nurses in tabuk city, Saudi Arabia.

METHODOLOGY

A cross sectional Hospital-based descriptive design study was conducted among 200 female nurses in three main hospitals in Tabuk region. A structured questionnaire sheet was designed for data collection by the researcher based up on review of literature. It includes the socio-demographic data of the study subjects, data about risk factor of breast cancer.

Ethical Consideration: The study proposal was sanctioned by the ethical committee of the college. Study was explained to participants and informed consent was taken from the participants.

Statistical Analysis: The collected Data were entered and analyzed using the Statistical Package for Social Sciences (SPSS) statistical program version 19.

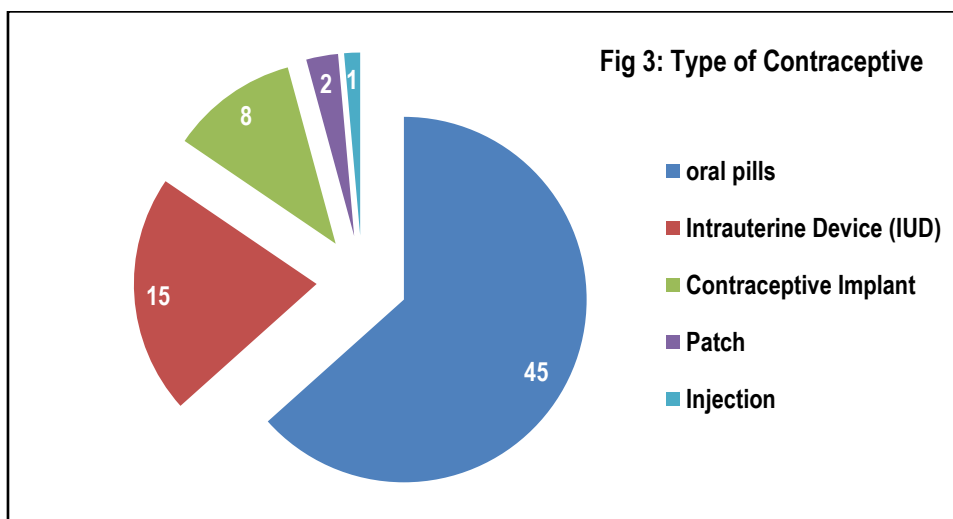
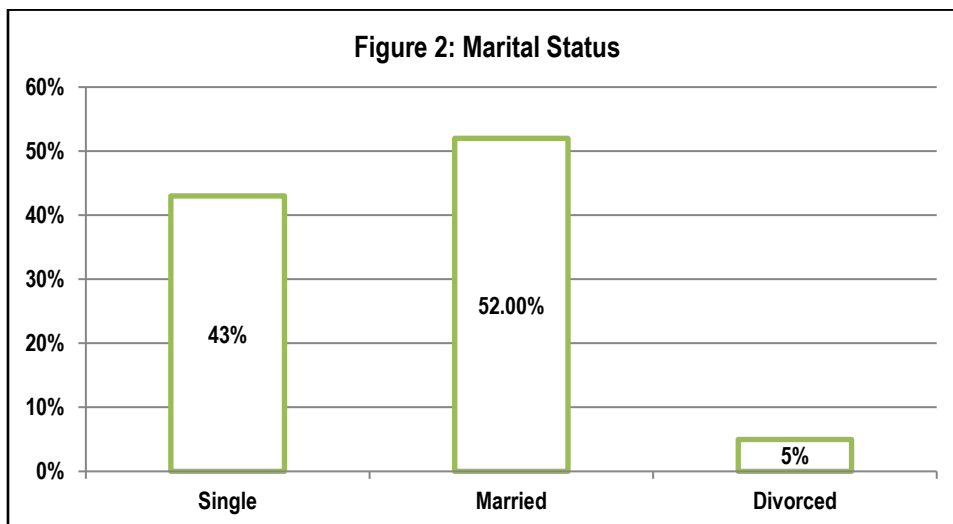
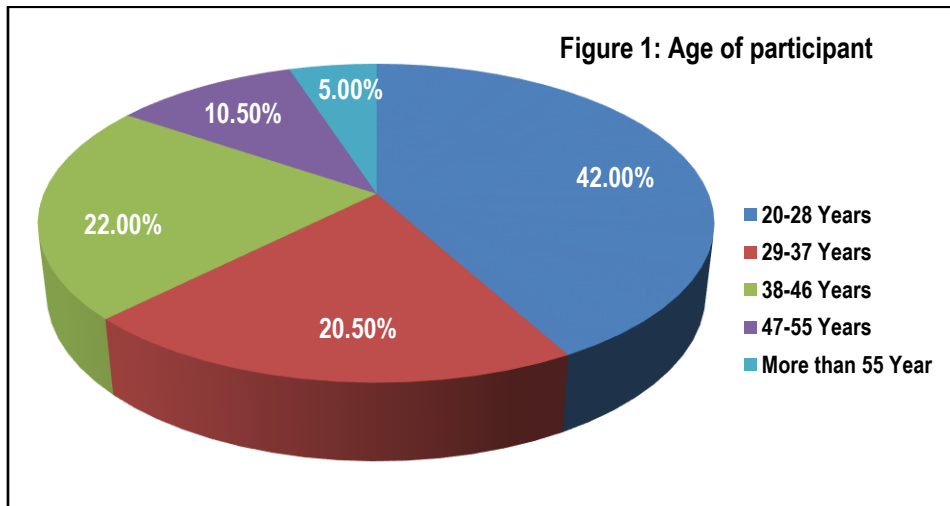
RESULTS

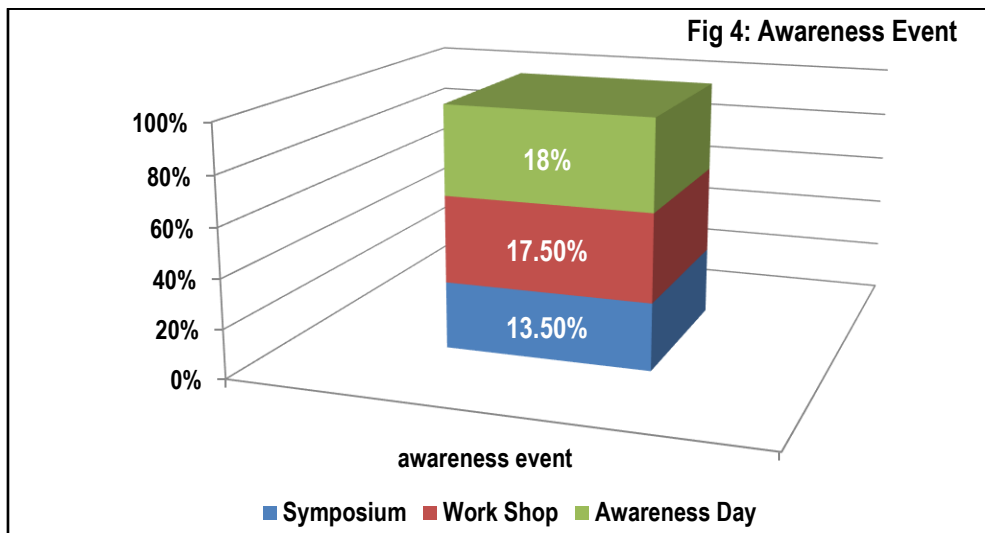
The study sample consist of 200 female nurses, majority of them aged between 20-28 Years (42%), 20.5% of them aged between 29-37 Years, 22% of them aged between 38-46 Years, 10.5% of them aged between 47-55 years and only 5% of them aged more than 55 years. (Figure 1)

In Figure 2; an illustration of marital Status and shown that 52% of the participant are married, and 43% are Single. During our assessment of risk factor among the participant we found that 15.5% were in postmenopausal state, 18% of our participants have positive family history, 36.5% of them reporting age at

menarche less than Equal to 12 Years, and 35.5% of them reporting use of contraceptive.

In Figure 3; an illustration of type of contraceptive that used by participants and shown that oral pills are the commonest used type. Regarding life style of our participant we found that 36 participants with Percentage of 18% are smoker, and only 19% do regular exercise, 21.2% with positive History of Radiation Exposure. During assessment of Knowledge and attitude regarding breast cancer we found that 23% did Mammograms, 50% of our participant attending breast cancer awareness events as illustrated in figure 4.





DISCUSSION

As stated in many researches female aged more than 45 years⁴⁻⁶, Family history or genetic background of breast cancer¹⁰ and hormonal exposures¹¹ consider major risk factors for developing breast cancer. In our study we found that 17.5% of the participant aged more than 45, 18% have positive family history, number of them report early menarche and use of hormonal contraceptive, so multiple breast cancer risk factors are identified in study population.

CONCLUSION

As disused in result section a lot of risk factor were positive in our participant and it is include but not limited to family history of breast cancer, smoking, early menarche. Steps such as education about breast cancer risk factor and screening methods are required to improve the health states of the community.

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